

REACTIONS TO FRUSTRATION OF ADOLESCENT BOYS

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ABSTRACT

An exploratory research was conducted to find the reaction to frustration of adolescent boys. Sample constituted of 75 adolescent boys 25 each from upper, middle and lower socio- economic status were selected through stratified random sampling. Socio economic status of the sample was ascertained using **Kappuswamy Socio- Economic Scale (1962)** revised by **Sharma (2019)** and frustration reactions were assessed with the help of **Reactions to Frustration scale** constructed and validated by **Dixit and Srivastava (2005)**. Frequencies, percentages, standard deviation and ANOVA were used for analysing the data and drawing the inferences. The findings of the study also indicated that boys were found with greater frustration reactions than the girls. The findings also indicated that there are no significant differences in reactions to frustration across socio economic groups thereby depicting that adolescents irrespective of their socio economic backgrounds have similar frustration reactions.

KEYWORDS: Frustration of Adolescent Boys, Reactions to Frustration Scale, Frustration of Adolescents

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INTRODUCTION

Life is full of frustrations. The course of life is not always smooth. We have a number of desires, which are not fulfilled due to certain obstacles. **Harriman (1946)** defines frustration as, condition of being thwarted in the satisfaction of motive. The word frustration has been derived from a Latin word 'Frusta' means 'obstruct'. The term frustration refers to the blocking of behaviour directed towards the goal. It's a common feeling that everyone will experience in their life. From the minor irritations of losing something to the major problem of continued failure towards a desired goal. Frustration is an emotion that occurs in situations where a person is blocked from reaching a desired outcome. Some of the typical responses to frustration include anger, quitting (burn out or giving up), loss of self esteem and self confidence, stress and depression, ironically most of these feelings are very common during adolescence.

Frustration results in various types of reactions according to its intensity and nature of the individual experiencing frustration. Some have frustration tolerance to the extent that they bear the consequences with a little injury to the self or society, while others become too violent and aggressive. Frustration has a different set of behaviour mechanism. It is expressed in various modes which are aggression, resignation, fixation and regression.

Thus frustration has its own system. It has four modes of reactions to a situation – aggression, resignation, fixation and regression. Aggression indicates frustration dynamics in hostile situation, resignation is the extreme escapism from reality, regression is the condition to go back and fixation is the compulsive type of behaviour. It can be said that frustration is closely related with problems of adjustment, change personality, development or growth.

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier or later. The adolescent period is very critical in terms of social adjustments and maturation. An adolescent world is different from others and he/she is full of energies and ambitions for future life and develops positive value system.

The adolescents face problems as a result of parental indifference, problem in schools, problem due to teachers, social inferiorities, personal handicaps constitute adolescence problems. They maintain such difficulties as striving for recognition from peers of their own opposite sex being under anxiety producing pressures from their parents for scholastic and social achievements and trying to establish their independence while being financially dependent on their parents. So, they face a number of problems and failures.

RESEARCH METHODOLOGY

- **Research Design-** Based on the nature of the study, exploratory research design was adopted for the study.
- **Methods used for Data Collection**
 - **Selection of Research Method:** Survey method was adopted in the present study for the collection of information and data.
 - **Sampling Method:** Based on the objectives of the study, stratified random sampling method was adopted for the sample selection in the study.
- **Locale of the Study:** Study was conducted in Tura, town of Meghalaya.

Sample Distribution

The sample for the study consisted 75 boys (25 each from upper, middle and lower socio-economic status). The samples were taken from 6 schools of Tura, Meghalaya, namely, St. Mary's Higher Secondary School, Burny Hills Higher Secondary School, Govt. Boys Higher Secondary School, Don Bosco Higher secondary school, P.A Sangma Foundation College, Tura Government College. Permission was taken from the head of the institution of each school and colleges before collecting the data and then, the respondents were requested to read the instructions carefully that have been given on the title page of the Scale. When the researcher was sure that the respondents have understood the way of recording their responses, they were asked to begin the actual work.

Tools used for Data Collection

1. Kappuswamy Socio-Economic Scale

Kappuswamy's Socio-Economic Scale (1962) revised by **Sharma (2019)** was used to assess the socio economic status of the respondents. The scale is a three factor index of socio-economic status which uses the occupational, educational and economical levels of parents in each household. Each of the three variables is assigned scores to obtain total score on socio

economic status of families. The maximum possible score on scale is 29; with a minimum of 3. On the basis of scores obtained, the subjects were categorized in three sub groups i.e., upper socio-economic status, middle socio-economic status, and lower socio-economic status.

2. Reactions to Frustration Scale

Reaction to Frustration scale constructed and validated by **Dixit and Srivastava (2005)** was used to measure the level of frustration reaction among adolescent boys and girls of different Socio- Economic Status. Reaction to Frustration Scale covers four reactions namely- aggression, resignation, fixation and regression. It consists of 40 items out of which each reaction to frustration has 10 items equally divided into positive and negative items. Each of the statement contains six responses in terms of degree of liking or disliking commencing from Most liked, Much liked, Liked, Disliked, Much disliked and Least Disliked.

RESULTS AND DISCUSSION

Table 1: Distribution of the Adolescent Boys of Upper Socio Economic Group in Reference to their Reaction to Frustration

Levels of Frustration	Aggression		Resignation		Fixation		Regression		Total Frustration	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%	Frequency	%
Very High	0	0	1	4	1	4	0	0	0	0
High	1	4	0	0	1	4	2	8	1	4
Average	21	84	21	84	22	88	22	88	24	96
Low	3	12	2	8	1	4	1	4	0	0
Very Low	0	0	1	4	0	0	0	0	0	0

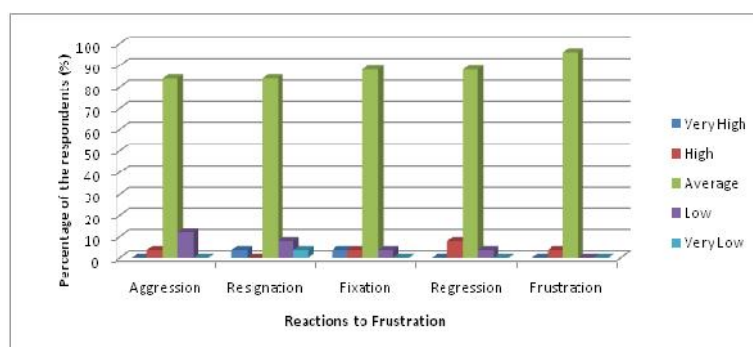


Figure 1: Distribution of Adolescent Boys of Upper Socio- Economic Group In Reference to their Reaction to Frustration.

The above table 1 and figure 1 depicts the distribution of the adolescent boys of upper socio economic group in reference to their reaction to frustration. It is evident from the table 1 that majority i.e. 84 per cent boys of upper socio-economic group show average aggression and average resignation respectively. Aggression may be expressed in terms of rude answering to elders, carrying grudges, reactionary attitude to tradition and beliefs, impulse to take revenge, frequent quarrelling etc. Fixation may be expressed in terms of cherishing for deep and lasting hurts, persistence of childhood fears, negligence, feeling of physically handicapped, stereotyped response to the situation etc. 4 per cent boys show very high and very low resignation. Resignation is the extreme of withdrawal from reality. In this behaviour, child resigns from everything. 88 per cent boys show average fixation and 4 per cent boys very high, high and low fixation. 88 per cent boys

have average regression, 8 per cent show high and 4 per cent show low regression. Regression is the end response of frustration. Regression lower constructiveness and represents a backward step in development.

It is clear from the results that majority of the adolescent boys of upper socio economic status showed average frustration in various modes- aggression, resignation, fixation and regression. This result could be because families of Upper Socio- economic could provide their children an environment which is free from unnecessary competition and pressure which help them to reduce aggressiveness, irritability, negativism etc.

The findings of the study are in accordance with the findings of **Arias (2018)** who stated that Upper Socio-economic group of adolescents express less frustration compared to middle and lower socio- economic group.

Table 2: Distribution of the Adolescent Boys from the Middle Socio- Economic Group in Reference to their Reaction to Frustration.

Levels of Frustration	Aggression		Resignation		Fixation		Regression		Total Frustration	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%	Frequency	%
Very High	0	0	1	4	0	0	3	12	0	0
High	0	0	9	36	4	16	10	40	1	4
Average	9	36	12	48	21	84	10	40	23	92
Low	15	60	3	12	0	0	2	8	1	4
Very Low	1	4	0	0	0	0	0	0	0	0

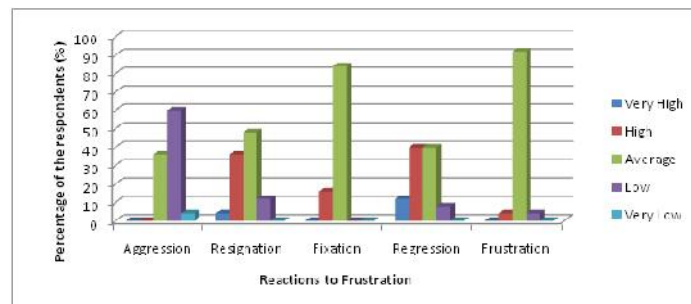


Figure 2: Distribution of the Adolescent Boys from the Middle Socio Economic Group in Reference to their Reaction to Frustration.

The above table 2 and figure 2 depicts the distribution of the adolescent boys from the middle socio- economic group in reference to their reaction to frustration. Table 2 shows that 60 per cent adolescent boys of middle socio-economic group have low, 36 per cent have average, 4 per cent show very low aggression. 48 per cent boys show average, 36 per cent show high, 12 per cent show low and only 4 per cent show very high resignation. Average fixation was found in 84 per cent boys and only 16 per cent show high fixation. 40 per cent boys have high, 40 percent boys have average, 12 percent show very high and 8 percent show low regression. Regression is the end response of frustration.

The above result showed that adolescent boys from middle socio economic group showed average and high frustration. The reason may be that parents of middle socio economic group of adolescents having high aspirations and expectations from their children. They exert more pressure for good result which causes frustration.

The findings of the study are in accordance with the findings of **Biruntha (2015)** who stated that frustrations are common during adolescence as they struggle with their anxieties, conflicts and confusion. It is a critical period in terms of social adjustment and maturity.

Table 3: Distribution of Adolescent Boys from the Lower Socio- Economic Group in Reference to their Reaction to Frustration

Levels of Frustration	Aggression		Resignation		Fixation		Regression		Total Frustration	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%	Frequency	%
Very High	0	0	0	0	0	0	1	4	0	0
High	1	4	7	28	0	0	10	40	0	0
Average	12	48	14	56	23	92	14	56	25	100
Low	12	48	4	16	2	8	0	0	0	0
Very Low	0	0	0	0	0	0	0	0	0	0

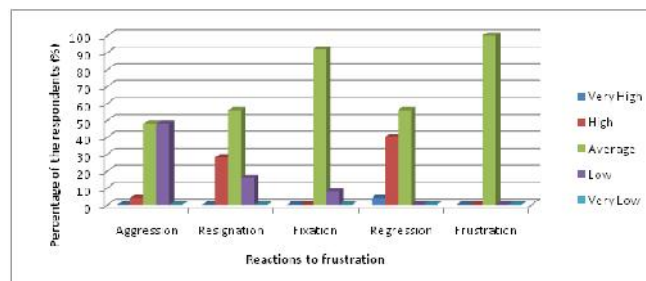


Figure 3: Distribution of Adolescent Boys from the Lower Socio- Economic Group in Reference to their Reaction to Frustration.

The above table 3 and figure 3 depicts the distribution of the adolescent boys of lower socio- economic group in reference to their reaction to frustration. It is evident from the table that 48 per cent boys of lower socio- economic group have average aggression, 4 percent show high which may be expressed in terms of rude answering, frequent quarrelling etc. and 48 per cent boys show low aggression. 56 per cent boys have average resignation 16 per cent show low resignation and 28 per cent have high resignation. . In this behaviour, child resigns from everything. Maximum number of boys i.e. 92 per cent show average fixation reaction and it is expressed in terms of deep and lasting hurt, negligence, feeling of physically handicapped etc. 56 per cent of boys show average regression, 40 per cent show high and 4 per cent show very high regression reaction. It is expressed in behaviour characteristics like- defective speech, home sickness, escapist attitude, lack of self control, thinking of old days excessive day dreaming and bashfulness etc.

The results contain that, lower socio economic adolescent boys showed average and high frustration reaction. Reason for this kind of finding could be attributed to the acute deprivation of basic needs. Adolescents suffer from acute sense of insecurity and frustration which leads them to have higher tendency for aggressive acts.

The findings of the study are in accordance with the findings of **Rahman (2014)** who reported that male respondents express more anger than female respondents. With low SES expressed more anger than the middle and high SES.

CONCLUSION

It can be concluded from the findings of the study that irrespective of the socio economic group, the adolescents showed average frustration in them. The findings of the study also indicated significant gender differences in frustration reaction where boys were found with greater frustration reactions than the girls. The findings also indicated that there are no significant differences across socio economic groups thereby depicting that adolescents irrespective of their socio economic backgrounds have similar frustration reactions.

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